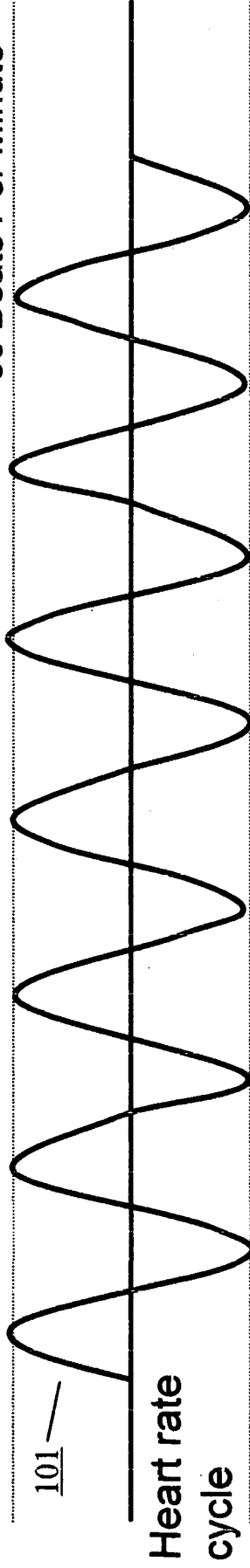


The heart has it's own rhythm or tendency toward rhythm.

103

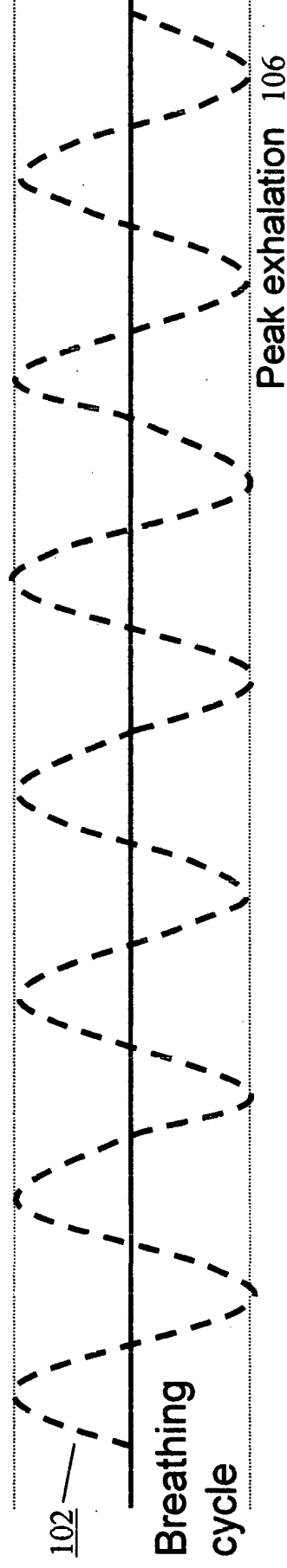
80 Beats Per Minute



There is a relationship between the heart cycle and the breathing cycle.



Peak inhalation 105



The breathing cycle has a separate but related rhythm. This rhythm can be shorter or longer than the natural heart rhythm and change dramatically with activity, etc.

FIGURE 1

Depicts the breathing cycle and the natural heart rate cycles moving from misalignment to alignment.

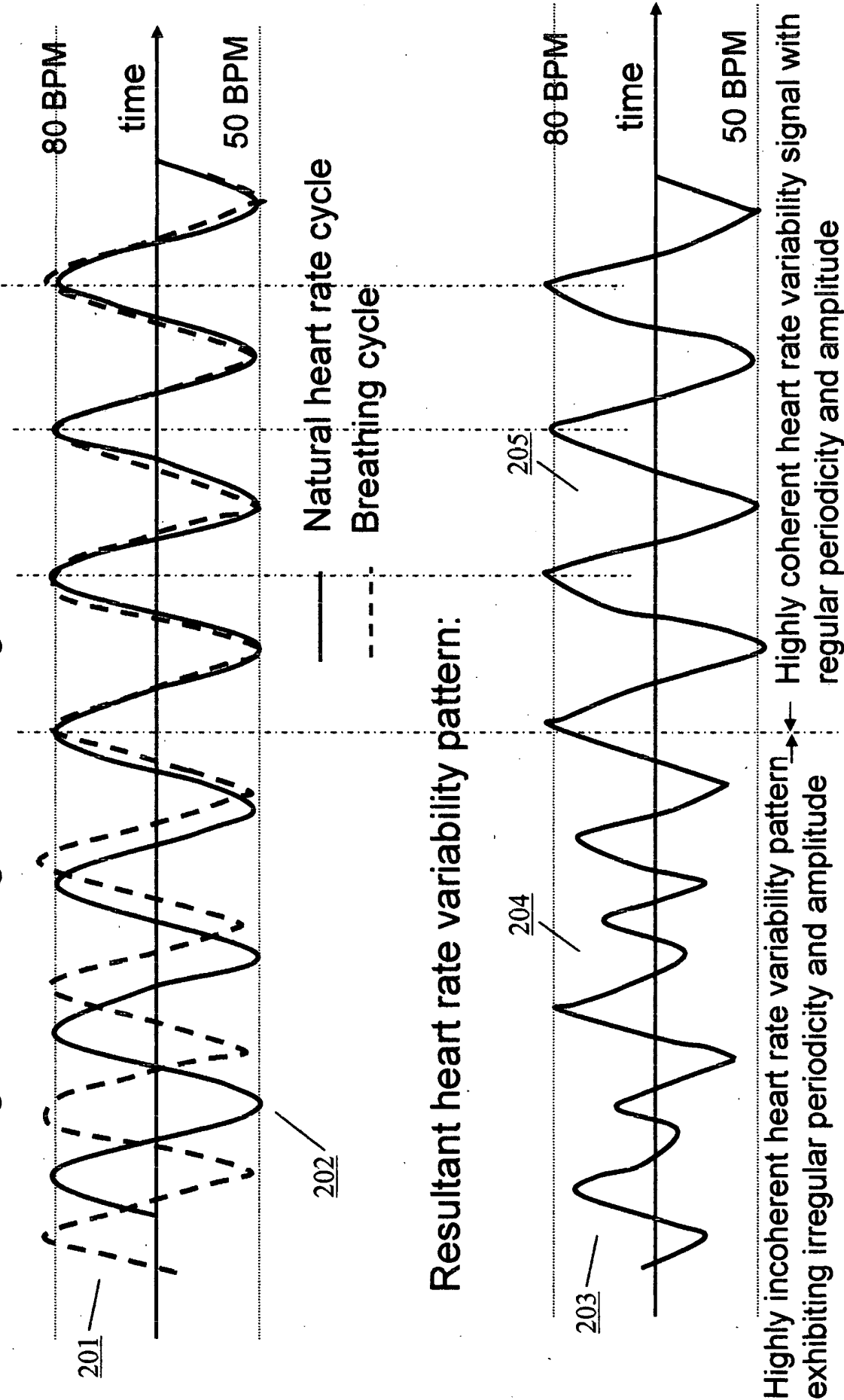


FIGURE 2

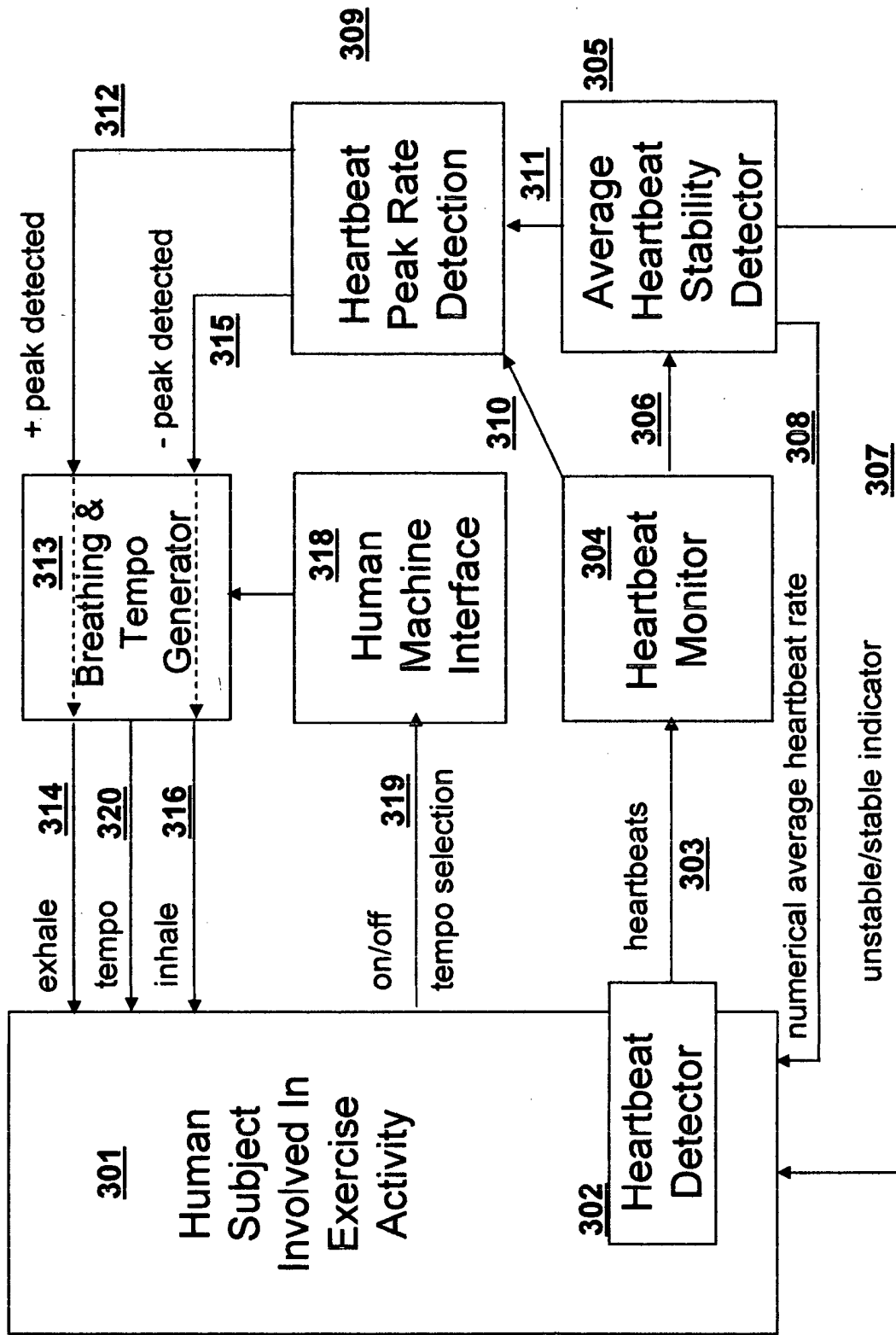


FIGURE 3

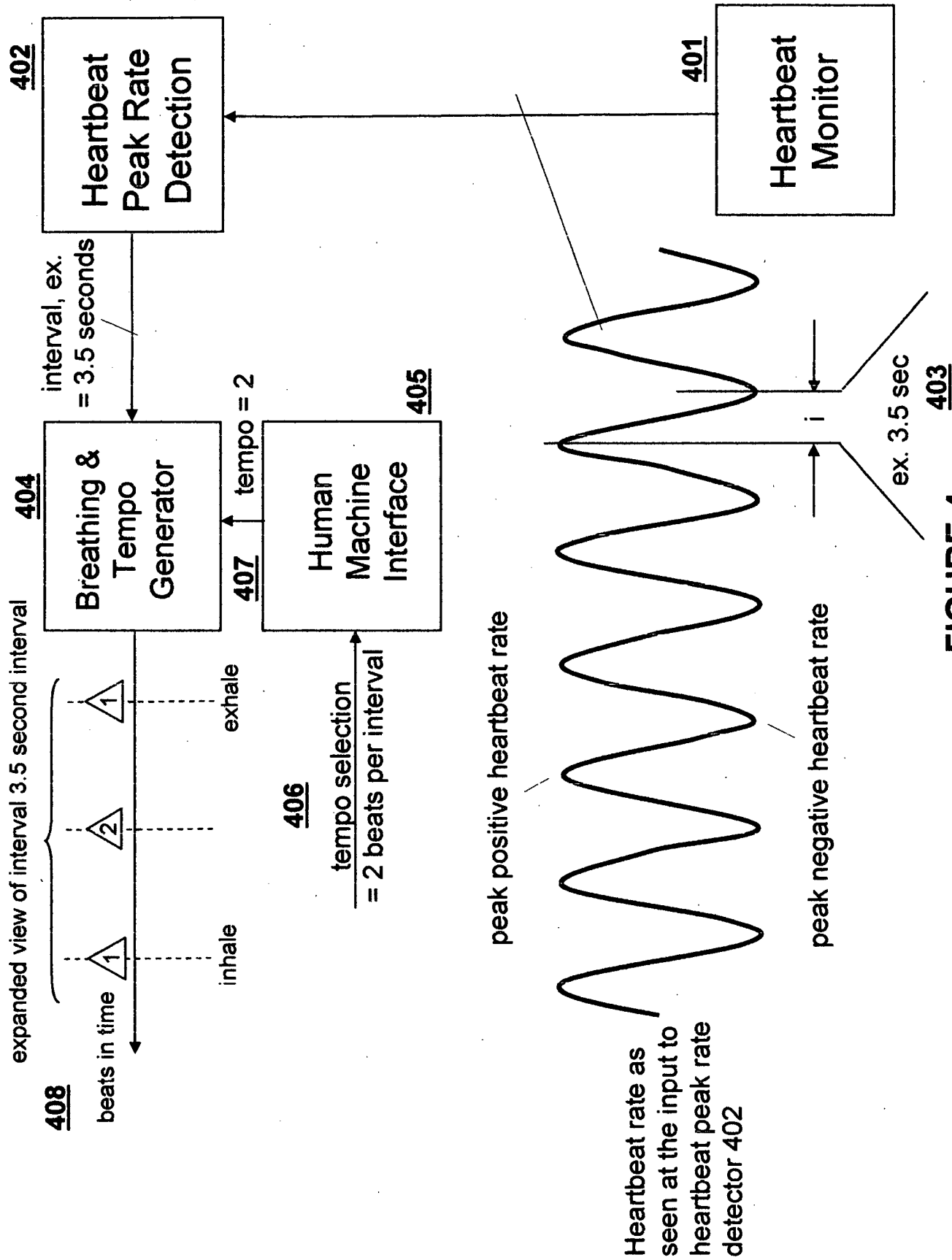


FIGURE 4